

# Change your shoes, Change your life

Presented by Anya & Petra Fisher Movement

## Find Your Solemate

Shoe Type	Use Case	Examples	
		Extra wide fit	Medium wide fit
<p><u><i>The Foot-Shaped Support Shoe</i></u> fits and feels like a conventional shoe with cushion and support, but has a wide toe box and low or zero drop</p>	<p>For people who are currently in pain &amp; reliant on support for comfort and/or with rigid deformities</p>	<ul style="list-style-type: none"> <li>• <u>Altra Paradigm</u></li> <li>• <u>Topo Athletic</u> (Wide models)</li> <li>• <u>Flux Adapt Runner</u></li> </ul>	<ul style="list-style-type: none"> <li>• <u>Birkenstock</u></li> <li>• <u>Oesh</u></li> <li>• <u>Chaco</u> (wide models)</li> </ul>
<p><u><i>The Versatile Minimal Shoe</i></u> goes both ways. It has some cushioning, but is more minimal than a support shoe. Can easily be modified with insoles</p>	<p>For people who are ready to explore their foot function but have some pain or lifestyle demands that require a bit of support</p>	<ul style="list-style-type: none"> <li>• <u>Lems Natural-shape fit</u></li> <li>• <u>Barebarics</u></li> <li>• <u>Ahinsa Comfort</u></li> <li>• <u>Altra Lone Peak</u></li> </ul>	<ul style="list-style-type: none"> <li>• <u>Icarus</u></li> <li>• <u>Birchbury</u></li> <li>• <u>Bedrock</u></li> </ul>
<p><u><i>The Barefoot Shoe</i></u> <i>is truly minimal and a genuine barefoot experience with little to no support or cushioning.</i></p>	<p>For people who want to experience full foot freedom and have the foot function to support it.</p>	<ul style="list-style-type: none"> <li>• <u>Realfoot</u></li> <li>• <u>Softstar Primal</u></li> <li>• <u>Shapen</u></li> <li>• <u>Be Lenka</u></li> </ul>	<ul style="list-style-type: none"> <li>• <u>Vivobarefoot</u></li> <li>• <u>Xero</u></li> <li>• <u>Mukishoes</u></li> <li>• <u>Wildling</u></li> </ul>

Remember that you can mix & match depending on how you feel that day and make use of insoles to customize any shoe.